

# Mattituck Church of The Redeemer

Beginning Monday April 1st

## Finding Stillness in Love

### Lectio Divina

Meditation Class at 5:30pm

Lectio Divina is an ancient practice that cultivates contemplative prayer through active participation using thought, images, and insights to enter into a conversation with God.

A devotional practice dating back to the days of Jesus, Lectio Divina means Divine Reading, using sacred texts and scriptures. Participants are lead through a framework of reading, reflection, response, and rest, in a transcendent state, inviting an open dialogue with God.

Intended for both group and personal practice, a brief introduction to mediation is followed by a Scholastic form of Lectio Divina, this class is appropriate for all faiths, abilities and only requires a desire of finding stillness in love.

Time: 30 Minutes

Free



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Followed by

### **Gentle Yoga Class**

6pm - 7pm

Yoga and meditation are the keys to living in today's modern world with ease, grace and happiness. Yoga is a way to turn the minds focus inward to hear your own true voice and heart creating the best version of yourself.

Free will donation accepted

Darren Mignone Instructor

Contact: [Gratefullyogi66@gmail.com](mailto:Gratefullyogi66@gmail.com)

**The Church of The Redeemer**

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